

Oatfield Estates

ALT October Menu - 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		BREAKFAST MADE TO ORDER EVERY MORNING	1 Lunch: BBQ Tofu w/ Baked Beans, Carrots & Cornbread Dinner: 'Marry Me' Veggie Pasta w/ Garden Salad	2 Lunch: Baked Tofu w/ Sweet Potatoes, Cranberry Sauce & Seasonal Veggies Dinner: Veggie Casserole with Green Salad	3 Lunch: Garden Burger w/ Tots & Coleslaw Dinner: Veggie Soup w/ Grilled Cheese Sandwich & Garden Salad	4 Lunch: Veggie Pasta Bake w/ Garlic Toast & Green Salad Dinner: Egg Salad on a Croissant w/ Pickled Beet Salad & Chips
	5 Lunch: Roasted Tofu w/ Scalloped Potatoes & Steamed Veggies Dinner: Veggie Sub Sandwich w/ Chips & Fresh Fruit	6 Lunch: Spaghetti w/ Red Sauce, Garden Salad & Texas Toast Dinner: Veggie Casserole w/ Garden Salad	7 Lunch: Veggie Tacos w/ Refried Beans & Pineapple Salad Dinner: Grilled Cheese w/ Tomato Bisque & Garden Salad	8 Lunch: Roasted Tofu w/ Mashed Potatoes & Seasonal Veggies Dinner: Thai Peanut Tofu w/ Steamed Rice & Veggies	9 Lunch: Garden Burger w/ Chips & Fresh Fruit Dinner: Hearty Veggie Soup w/ Fresh Bread & Garden Salad	10 Lunch: Garden Burger w/ Roasted Red Potatoes & Fresh Veggies Dinner: Veggie Casserole w/ Garden Salad
11 Lunch: Veggie Alfredo w/ Fresh Veggies Dinner: Veggie Tater Tot Casserole w/ Green Beans	12 Lunch: Garden Burger w/ Fruit & Coleslaw Dinner: Baked Mac & Cheese w/ Green Salad	13 Lunch: Veggie Taco Salad w/ Fresh Fruit Dinner: Veggie Soup w/ Fresh Bread & Garden Salad	14 Lunch: Egg Salad Sliders w/ Potato Salad & Fruit Dinner: Veggie Quiche w/ Fresh Fruit & Green Salad	15 Lunch: Roasted Veggies over Rice w/ Seasoned Carrots Dinner: Pasta Shells w/ Garden Salad & Garlic Toast	16 Lunch: Baked Tofu w/ Rice Pilaf & Fresh Veggies Dinner: Egg Salad on a Croissant w/ Broccoli Salad	17 Lunch: Teriyaki Tofu w/ Lo Mein Noodles & Veggies Dinner: Veggie Tacos w/ Refried Beans & Spanish Rice
18 Lunch: Butter Tofu w/ Steamed Rice & Veggies Dinner: Tofu Sloppy Joe's w/ Tater Tots & Fruit	19 Lunch: Roasted Tofu w/ Mashed Potatoes & Seasoned Corn Dinner: Hearty Veggie Stew w/ Fresh Biscuits & Green Salad	20 Lunch: Veggie Burrito Bowl w/ Chips & Salsa Dinner: Roasted Veggie Sub Sandwich w/ Antipasti Salad	21 Lunch: Tofu Scampi over Pasta w/ Green Salad Dinner: Garden Burger w/ Tater Tots & Coleslaw	22 Lunch: Roasted Tofu w/ Stuffing & Seasoned Veggies Dinner: Egg Salad in a Pita Pocket w/ Chips & Fruit	23 Lunch: Butternut Squash Soup w/ Grilled Cheese Sandwich & Green Salad Dinner: Fresh Baked Veggie Calzones w/ Garden Salad	24 Lunch: Roasted Tofu w/ Mashed Potatoes & Fresh Veggies Dinner: Assorted Veggie Pizza w/ Garden Salad
25 Lunch: Roasted Tofu w/ Mashed Potatoes, Green Beans & Cranberry Sauce Dinner: Grilled Cheese w/ Tomato Soup & Green Salad	26 Lunch: Fried Tofu w/ Mashed Potatoes, Gravy & Peas Dinner: Ravioli w/ Garden Salad & Garlic Toast	27 Lunch: Roasted Tofu w/ Peppers, Steamed Rice & Green Beans Dinner: Homemade Veggie Chili w/ Green Salad & Corn Bread	28 Lunch: Veggie Shepard's Pie w/ Garden Salad Dinner: Baked Ziti w/ Garden Salad & Garlic Toast	29 Lunch: Garden Burger w/ Coleslaw & Tater Tots Dinner: Veggie Tamale Pie w/ Corn Salad & Pineapple Salad	 30 Lunch: Roasted Tofu w/ Baked Potato & Fresh Veggies Dinner: Corn Chowder w/ Garden Salad & Fresh Bread	